Time-out card

An agreed signal and rules for a pause, settled by the couple before they need them.

> In the middle of an argument a pause can't be introduced, because the other person reads it as withdrawal. A signal agreed in advance prevents that. **The promise to return is essential** — without it, a pause becomes flight.

Our agreement

The signal (a word or gesture that isn't insulting)

Duration — at least 20 minutes

The time of return is always said out loud

What I do during the pause (settling, not preparing arguments)

Where I am during the pause

After coming back

My first sentence on returning is …

If it still isn't possible, we postpone to …

How it went

DATE	WHO ASKED FOR THE PAUSE	DID WE COME BACK?	WHAT WAS DIFFERENT

For personal use.